

The real truth - The First Month
My own personal account.
by
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Wednesday 2nd August, 2006

First real day as a Mum!! My bed was on B3 on a ward of three beds, the girl next to me had had her second child (a girl) 17 days early and was also trying to breast-feed her (like me with not much success!). The bed opposite was empty. I did try to find out how my friend Clare had got on and soon after the nurses came with a bag which I recognised as hers, then she was wheeled in in her bed. She had ended up having a Caesarean as she had got to 9cm's dilated and no more (had also had an epidural – CHEAT!). Her baby was born approximately 10.30pm so I did beat her in the end.



It was great to have her in the same ward and we continued cementing our new friendship. She had had a little boy (they had found out the sex anyway at 40 weeks) whom they had named Alfie. He was also 8lb 15oz.

Had lots of visitors on this day, Pauline came in first thing with balloons, then later Dave and Richard (his son from his first marriage). Dave then came back later with our neighbour and her two daughters, they left when my mum, dad & gran came in. Dad took more pictures and then announced that Verity had already got her own web-page (see www.motts.dsl.pipex.com).

Dave came back in the evening with KFC (don't even talk about hospital food!). He bought far too much so gave it to one of the nursery nurses to put in the staff room.

Verity had to have her blood sugar monitored all day via heel prick tests as it had been a little low when she was born, so it had to be consistently good before they could let us go home. A Paediatrician had checked her earlier and aside from this everything looked fine.

Persevered all day again with breast-feeding but didn't feel it was going at all well – didn't have enough hands and my extremely ample bosom was actually a hindrance....

Thursday 3rd August, 2006

Bloody awful night!. The girl next to me spent most of yesterday and all night with the curtains drawn round her trying to breast-feed baby. All it did was cry and she would leave it, which then woke Verity and Alfie and they would both start crying.

Also, breast-feeding was awful, Verity decided that my boobs were a dummy and spent the best part of two hours latched on, besides being tired and extremely emotional, my boobs were now very sore!. The midwife was a complete cow and said that 'it was normal', and even said to me it seemed 'I didn't like my baby!' – Who the hell did she think she was..... - she even put in my notes words to that effect – not impressed!!.

Decided to give up on breast-feeding about 8am. (Feel a complete failure!!!!!!!!!!!!!!!!!!!!). Sent Dave a text early to ask him to get the steriliser sorted and have some bottles ready for when I came out. The midwife came round and checked Verity and me about 10am and confirmed we could go home, so texted Dave again to bring up car-seat etc when he came in. Asked the midwife for a couple of ready-made bottles for the baby but was told that I couldn't as the hospital was unable to provide them and to go to the Chemist or supermarket on the way home, as you can buy formula ready-made. (Absolutely ludicrous as the last thing you want to do is go traipsing round a shop on the way home from giving birth to get milk!). Came out of hospital about 11am. When we got home Verity stayed asleep in the car seat so we left her in it and Dave suggested I go to bed for a bit.

Went to bed at 2.30 pm and was woken up by Dave at 5pm on the sofa!! – very confused but Dave told me I had got up after less than an hour and when he asked me if I was alright said that I couldn't sleep – had gone into the front room and then passed out again. – DON'T REMEMBER ANY OF THAT!!!! – Obviously lots of drugs were still in my system.

Friday 4th August, 2006

My brother and his family came over – my nieces very excited to finally have/ see their cousin!.

Saturday 5th August, 2006

Sunday 6th August, 2006

Monday 7th August, 2006

Went and got her registered. The Registrar even noticed the hand-crocheted blanket she had been sent by Joyce (my Granny Attrill's friend from Birmingham).

Tuesday 8th August, 2006

Wednesday 9th August, 2006

Thursday 10th August, 2006

Friday 11th August, 2006

Saturday 12th August, 2006

Sunday 13th August, 2006

Monday 14th August, 2006

Tuesday 15th August, 2006

Dave went back to work today after 2 weeks so it was the first day on our own. Pushed her in her pram down to Morrison's just to get out of the house and get a photo processed to put in everyone's Thank you cards.

On our way back my mobile rang and it was the Health Visitor. She asked if it was ok to come about 3.30pm but actually turned up at 2.30pm (not that I was going anywhere anyway!!). Checked Verity out and weighed her, she'd put on another ounce since the midwife had weighed her last Friday – now 9lb 5oz.

Told her about Verity being constipated and she suggested pure orange juice diluted in water.

Dave came home from work having been asked to change shift for the rest of the week to 6am-2pm which suited us just fine!.

Wednesday 16th August, 2006

Bad night, she wouldn't sleep!. Kept crying unless I picked her up, would cuddle her on the sofa until she (or I) fell asleep and then as soon as I tried to put her down she would cry. Dave didn't get much sleep either – was up at 4am to get ready for work!!.

Thursday 17th August, 2006

Same as previous night!. Ended up sitting on her bedroom floor holding her in floods of tears where I was so tired and in the end had to go and get Dave to try and sort her out. Felt a proper 'crap' mother!!!. Rang Health Visitor for advice in the morning. Suggested that I try her on next stage SMA for hungrier babies. Not to pick her up as soon as she started crying but to leave her for a few minutes!.

Friday 18th August, 2006

Started 'Controlled Crying'! Dave went out to do Chinese deliveries again at 5.30pm. Fed her and put her down at 7pm and she started screaming more or less straight away. Left her for 15 minutes and then decided to call my mum to ask her how long to leave her (and for some support) – tried to be brave but ended up bawling my eyes out down the

phone to her and dad. In the end she cried on and off for over an hour and a half. Mum & dad and Dave tried their best to distract me by chatting away to me on the Amateur radio while I kept an eye on you via the CCTV.

Saturday 19th August, 2006

Went to Mother care and spent £20 on four Doctor Brown's Anti-Colic bottles.

Sunday 20th August, 2006

Monday 21st August, 2006

Tuesday 22nd August, 2006

Wednesday 23rd August, 2006

Thursday 24th August, 2006

Friday 25th August, 2006

Tried her back on the Infacol today to see if it would calm her down at night and get her bowels moving she hadn't been since 5.30pm yesterday!. She had a small poo about 1pm but very dry!.

Saturday 26th August, 2006

Not a bad night but she did play up between her feed at 2.15 am (5 and a half hours from last night's last feed!) and 4.15 am by crying and grumbling, concerned she is still not going to Number 2's!!!. Fed her again at 4.15 am, only took 75 ml but then slept through to 8.45 am (4 and a half hours!). Dave got up to feed her so I could go back to sleep. Had a very small Number 2 but very dry, phoned a friend who suggested like the Health Visitor last week, to give her some pure orange juice but only about 1ml and to use a syringe to put it straight down her throat instead of in water. Gave her the juice at 1pm just before her feed. At 3.30 pm there was a lot of grunting and 'straight' leg action happening, I checked and she had finally had a decent Number 2 (yippee). Not sure yet if that's just down to nature or the juice but looking at the nappy the first poo was much like the morning's (dry and hard) and the follow on poo much more like it should normally be, (whole grain mustard!).

Decided to only feed her from now on on SMA white to see if not mixing with Gold helps!.

Dave helped me to give her a bath at 4pm so I could get her in her baby-grow ready for 5.00 pm feed. For a change she was really good, didn't cry and almost seemed to enjoy

it. Gave her her bottle half hour early and then went out with Dave in the car for a couple of hours while he did deliveries for the Chinese. Got home at 7.45 pm and managed to get her to wait until 8.30 pm for next bottle. Bum changed and put to bed – no problem, straight to sleep – lets see what tonight brings.....

Sunday 27th August, 2006

She had a pretty decent poo first thing but after that she was a complete and utter grumpy cow all day. Would feed her and normally she would have a nap straight after but not today – very unhappy!! Completely wore both me and Daddy out. Gave her another 1ml of orange juice at 4pm She had a feed at 7.45pm and I went to bed myself at 9pm!.

Monday 28th August, 2006

Had a good night last night – she slept right through from 7.45pm to 1.15 am (5 and a half hours) and then again until 6am (5 and three quarter hours) but still no poo, heard her trying to go after I put her back to bed at 6am, but nothing in morning again when I changed her. Uncle Tony came over for a visit with Kate (from Scunthorpe) and I quickly nabbed a bath. Daddy looked after her while I nipped to Mother care to pick up another two Dr Brown bottles as trying to cope with four is difficult. Daddy phoned while I was there to say she had been screaming and had ‘another’ bad dry poo – suggested I pick up some Cow & Gate and we try that. Got back and he showed me her poo – oohhh, that must have hurt!.

Started her on the Cow & Gate straightaway and she wolfed back 5oz twice in a row.

Tuesday 29th August, 2006

Not a bad night (considering) – she had a feed at mid-night (a little early) then again at 4am and 8am. Going to Baby Clinic this morning and Nikki is going too. No sign of her having a poo yet!!!...

Nikki came over at 10am and we went to the Clinic (lots of babies & slightly disorganised). Got her weighed and she is now 10lb 15oz! and one month old today... Spoke to the Health Visitor about her constipation – she suggested to still use the pure orange juice by 1ml to 4ml water, as it’s very acid – use every other day if Verity hadn’t gone in the mean time. Mentioned about my tummy being very sore and she told me to go to the Doctors. Nipped and posted documentation to the CSA and then went into the Surgery. Managed to see someone pretty much straight away (novelty) and she did a swab & urine test. Came back I actually had a urine infection and a temperature of 37.8 degrees.

Got prescription for antibiotics and was told to phone for swab test results on Friday. Nipped to the Chemist on the way home to get my prescription filled and got home just in time for her bottle. Lots of leg action & grunting again but didn’t get my hopes up as suspected it might just be wind (again) but got a lovely surprise when I changed her – yippee – red letter day (& lots of it!!).

Quite a good day, she was in a much better mood than yesterday!. Gave her a feed at 8.45pm (Uncle Chaz dropped in on his push-bike just to see her and say “nite-nite” – ahh bless!...)and expected her to go through until about 1pm.Went to bed myself at 10pm expecting to at least grab a couple of hours before she was due but she had other ideas. Woke up at 10.45pm and in the end I sat at the computer in between putting the dummy back in her mouth until 11.45pm when her feed was actually due!.

Wednesday 30th August, 2006

Not a great night –she was awake about every two and a half hours. Fed at 3.30am & 7.15am so don't really feel like I got much sleep myself. Another massive poo at 10am – (yippee) so pushed her in the pram down to Morrison's to get some more Cow & Gate as we were nearly out.

Thursday 31st August, 2006

What an excellent night!!!!!!!!!!!!!! – Didn't wake up from last feed last night at 8pm until 1.15am (5 and a quarter hours) and then 5.45am (4 and half hours) – expected her to grumble and not settle after 5.45am feed but she chatted for a bit and then went back to sleep. Got back in bed at 6.30am and had a quick cuddle with Daddy (for a change) before he got up to go to work. Got up at 9am and she was still asleep – stirred while I was tidying up – unwrapped her out of her swaddle (mums idea) and left her in the cot to wake up properly and stretch –she didn't whinge or cry at all – WHAT A DIFFERENCE FORMULA CAN MAKE.. Fed her at 9.45am and then went over my friends. Very busy morning and had to feed her 15 minutes early to keep her happy – mind you she fell asleep in the car seat on the way home at 2.45pm (nothing unusual there).